

Juice and Juice Drinks

Purpose:

This instruction sets forth the policy concerning the service of fruit or vegetable juice.

Scope:

Sponsors participating in the Child and Adult Care Food Program (CACFP), National School Lunch Program (NSLP), School Breakfast Program (SBP), and the Summer Food Service Program (SFSP).

Description:

Full-strength fruit or vegetable juice may be used to meet the vegetable/fruit component of all meals served in the Child Nutrition Programs when the following conditions are met:

1. In lunches and suppers, juice may be used to meet no more than one-half of the minimum quantity requirements for the age or grade group being served.
2. As a supplemental food in the Child and Adult Care Food Program and the Summer Food Service Program for Children, juice may not be served when milk is served as the only other component of the supplemental food pattern.

The following juice products may be used toward meeting the vegetable/fruit component when these conditions are met:

1. FULL-STRENGTH fruit or vegetable juice is an undiluted product obtained by extraction from sound fruit. It may be fresh, canned, frozen, or reconstituted from a concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. Examples of full-strength fruit and vegetable juice are apple (including cider), grape, grapefruit, grapefruit-orange, lemon, lime, orange, pear-apple, pineapple, prune, tomato, tangerine, and vegetable. The name of the full-strength fruit or vegetable juice as it appears on the label must include the word(s) "juice" or "full-strength juice" or "single strength juice" or "100 percent juice" or "reconstituted juice" or "juice from concentrate."

2. JUICE DRINK is a product resembling juice which contains full-strength juice along with added water and possibly other ingredients such as sweeteners, spices, or flavorings. A juice drink may be canned, frozen, or reconstituted as from a frozen concentrate or a "juice base." It may be served in either liquid or frozen state or as an ingredient in a recipe. Examples of juice drinks are apple juice drink, grape juice drink, orange juice drink, and pineapple-grapefruit juice drink. A juice drink may be used toward meeting the vegetable/fruit component of the Child Nutrition Programs under these conditions.

- a. It must contain a minimum of 50 percent full-strength juice. Note: Nectars and some common juice drinks, such as lemonade and cranberry juice cocktail, do not contain sufficient quantities of full-strength juice to meet this criterion. Nectars do not commonly

contain 50 percent juice, and lemonade and cranberry juice cocktail require dilution beyond the 50 percent limit for palatability.

b. Only the full-strength juice portion of the juice drink may be counted toward meeting the vegetable/fruit component. For example, 4 ounces of 50 percent juice counts for 2 ounces of fruit on the lunch program meal requirements.

c. The name of the product as it appears on the label must contain words such as "juice drink" or "diluted juice beverage" and may indicate the percent full-strength juice in the product.

d. The label ingredient statement must list "juice," "full-strength juice," "single-strength juice," "reconstituted juice," "juice from concentrate," or "juice concentrate."

3. JUICE CONCENTRATE may be used toward meeting the vegetable/fruit component of the Child Nutrition Programs. When a juice concentrate or a juice drink concentrate is used in its reconstituted form, it is considered a full-strength juice or a juice drink and is credited accordingly. When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis; that is, credited as if it were reconstituted. For example, a gelatin product containing 1 tablespoon of orange juice concentrate per serving could receive 1/4 cup fruit/vegetable credit since the orange juice concentrate, theoretically, could be reconstituted in a ratio of 1 part concentrate to 3 parts water (1 tablespoon concentrate + 3 tablespoon water = 4 tablespoon or 1/4 cup credit).

4. JUICE DISPENSERS that may be used for juice concentrate products which have a Child Nutrition (CN) label must be a gravity style dispenser that does not have an aeration device. This device may also be referred to as a feed tube, carbonator, or metering tube. If the dispenser should have a carbonator tube, the tube should be removed. Even with the non-aerated gravity dispenser, some aeration does occur when the product is first mixed. It is advised that the juice drink be prepared 1 - 2 hours prior to the meal so that all aeration is eliminated.

a. Gravity style dispensers in which the product is carbonated may produce overruns of 30 - 50 percent; therefore, the amount of juice/serving cannot be guaranteed. Pump style dispensers are also not allowed for CN labeled products. The overrun from these dispensers can be as high as 100 percent.

b. Juice drink products, purchased in individual serving containers, are not a problem as the amount of overrun has been taken into consideration in calculation the CN label. The end product is produced under federal inspection, thus amounts are assured.

SOURCE: FNS INSTRUCTION 783-11, DATED JULY 6, 1989, UNITED STATES DEPARTMENT OF AGRICULTURE, FOOD AND NUTRITION, SERVICE AND MEMORANDUM DATED SEPTEMBER 15, 1987.